

Figure 1

(a) **Flowchart illustrating the selection process for the study.**

The flowchart shows the progression from initial identification to final inclusion in the meta-analysis:

- Identification of studies through database searches and references (n = 108)
- Exclusion of duplicates (n = 16)
- Screening based on title and abstract (n = 92)
- Full-text screening (n = 74)
- Inclusion in the meta-analysis (n = 74)

(b) **PRISMA diagram showing the search strategy.**

The PRISMA diagram illustrates the search strategy across four databases:

- Cochrane Library (n = 10)
- PubMed (n = 10)
- Web of Science (n = 10)
- Scopus (n = 10)

The total number of studies identified was n = 40.

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